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Neue. 1611.

A new Almanacke,

& Prognostication, with the Forraine computation, serving for the yere of our Lord and Sauiour Iesus Christ. 1611.

Being the third yeare, after the Bissextile, or leape yeare.

Rectified for the Elevation of the pole Artick and Meridian of the famous towne of great Yarmouth in Norfolke. and may serue generally for the most part of great Brittaine.

Practised, penned and published, by Gfferie Neue, Practioner in Phisicke, and student in the Mathematicks.

Printed at London for the company of the Stationers.

yeare of our Lord God 1611. which is the third yere after the leape yeare, according to the accompt and computation of the Church of England.

		16
The circle of the Sun is		24
The Epact is		26
The dominicall letter is		
The Romane indiction is		9
The space betweene Christmas and shroue Sunday is 5. weekes and 5. dayes.		
The first sunday in lent	Febrvary	10
	March	24
	May	2
	May	12
	December	1
Betweene Trinitie and Aduent, are sundaies		27
Betweene Easter and Ascention day 5. weekes and 3 daies.		
Betweene Whitsunday and Midsommer are 6. weekes & 1. day		
Betweene Midsommer & Bartholmew are 8. weeks & 4. daies		
Betweene Bartholmew & all Saints are 9. weekes & 5. daies.		

The prime or golden number is		16
The circle of the Sunne is		24
The Epact is		16
The Romaine Indiction		9
The first sunday in lent	Febrvary	20
	Aprill	3
	May	12
	May	22
	Nouember	27
The space betweene Christmas and Shroue sunday is 7. weekes and 1 day.		

FRom the creation of the world vntil this present yeare of our Lord God 1611	5581
From the creation vntill the flood	1656
	2306
From Moses to Christ	1514
Since the promised seed of Abraham	3557
Since the Israelites departed out of Egipt	3127
	2794
Since Brute entered this Iland	2718
Since the building of the Temple of Salomon	2647
Since the building of the Citie of Rome	2362
	2359
Since Alexander the great dyed	1935
Since Julius Cesar was slaine with bodkins	1660
Since the happy birth of our Sauiour Christ	1611
	1538
Since England receiued the christian faith	1431
Since the Danes entered England	593
Since the conquest of England	544
	151
Since King Henry the 8. wonne Bolloigne	67
Since Ketles rebellion at Norwich	62
Since the infectious sweating sickenes	54
	50
Since the great plague at Newhauen	48
Since the Earles rebellion in the North	42
Since the blazing starre and frosty winter	39
	37
Since the deepe snow	32
Since the generall earthquake in England	31
Since the campe at Tilbury in Esser	23
	10
Our Kings maiesties raigne whome the King of heauen grant long and prosperously to raigne ouer vs	9

THE ANATOMY OF MANS *body, as the parts thereof are governed by the 12. celestiall signes.*

Aries The head and face

Taurus Neck & throate

Cancer Brest, stomacke & lungs.

Virgo Guts & belly.

Scorpio secrets & bladder.

Capricornus the knees.

Pisces The Feete.

Gemini Armes & shoulders

Leo heart & backe.

Libra Reines & loines

Sagitarius thighes

Aquarius the legs.

Now if your body in health will keape,
vvarme meates for it is very meete:
Flie Phisicke, sloath and venerie,
auoyd all Bathes most carefully.

i	a	New yeeres	Sagi. 23	11	d	● New
ii	b	Octa. of Step.	Capr. 5	12	e	moone the 4
iii	c	Octa. of John	Capr. 16	13	f	day at two of
iiii	d	Octa. Innoc.	Capr. 28	14	g	the cloake in
v	e	Edward dep.	Aqua. 10	15	a	the morning
vi	F	Twelfe day.	Aqua. 22	16	B	
vii	g	Wed comis in	Pices 3	17	c	
viii	a	Lucian Priest	Pices 16	18	d	☽ First
ix	b	Agapit. virg.	Pices 39	19	e	quarter the
x	c	Sol in Aqu.	Aries 12	20	f	11. day 40.
xi	d	Linus mart.	aries 15	21	g	minut. after
xii	e	Archad. mart.	Taur. 9	22	a	tenne of the
xiii	F	1. sun. aft. Epi	taur. 23	23	B	clock at nigt.
xiiii	g	Felix Priest	Gemi. 7	24	c	
xv	a	Maurice Abb	gemi. 22	25	d	Conu. Paul
xvi	b	Marcellus	Canc. 7	26	e	● Full
xvii	c	Antony	canc. 22	27	f	moone 18.
xviii	d	Prisca virgin.	Leo 7	28	g	day 38. min.
xix	e	Wolston bish.	leo 21	29	a	after 1 of the
xx	F	2. sun. aft. Epi	Virg. 6.	30	B	clocke in the
xxi	g	Agnes virgin.	virg. 20	31	c	after noone,
xxii	a	Vincent mart.	Libr. 4	1	d	February.
xxiii	b	Terme begins	libr. 17	2	e	Purif. of M.
xxiiii	c	Timothis	Scor. —	3	f	
xxv	d	Conu. of Paul	scor. 13	4	g	☽ Last
xxvi	e	Policarpe bish	scor. 25	5	a	quart. the 25
xxvii	F	3. sun. aft. Epi	Sagi. 8	6	B	day at 4. of
xxviii	g	Agnes the sec.	Sagi. 20	7	c	the clock. in
xxix	a	Valerius bish.	Capr. 2	8	d	the aft. noon.
xxx	b	Batild Queen	Capr. 14	9	e	
xxxi	c	Satur & Vict.	capr. 25	10	f	

This moneth as yet no phiſicke vſe,
For feare that you your ſelfe abuſet
Bleede not, nor bath be ruld by me,
except vpon neceſſitie.

i	d	Brigit	aqua	7	11	g	
ii	e		aqua	19	12	d	
iii	f		piſces	1	13		
iiii	g	Gilbert conf.	piſces	13	14	e	☽ Newe
v	a	Agath virgin	piſces	26	15	d	moone the 2
vi	b	Dorothie vir.	Aries	8	16	e	day 26 min.
vii	c	Angle biſh	aries	21	17	f	afte 8. of the
viii	d	Wed. goes ou	tau	5	18	g	clocke at
ix	e		tau	18	19	a	night.
x	f	1 ſund in lent	gem	3	20		
xi	g	Eskragie vir.	gemi	17	21	c	First qu
xii	a		can	2	22	d	the 10 day
xiii	b		can	16	23	e	at 9 of the
xiiii	c	Valentine	leo	1	24	f	clock in the
xv	d	Fauſtine	leo	16	25	g	morning.
xvi	e	Julian virgin	virg	0	26	a	
xvii	f	2 ſun in lent.	virgo	14	27		
xviii	g	Simeon biſh.	virgo	28	28	c	Full
xix	a	Sabine marti	Libra	12	1	d	
xx	b	Wilfred virg	libra	25	2	e	moone the
xxi	c	69 Marti.	ſcorp	8	3	f	17 day half
xxii	d	Cath. S. petter	ſcorp.	21	4	g	an houre be-
xxiii	e	Policarp	ſagit.	3	5	a	fore 1. of the
xxiiii	f		ſagita	15	6		clock in the
xxv	g	Inmen. of pau	ſagita	28	7	c	morning
xxvi	a	Alexander bi	Capr	10	8	d	☾ Laſt qua.
xxvii	b	Auguſtine bi.	cap	22	9	e	the 24 day
xxviii	c	Oſwald biſh	aqua	4	10	f	about 11 of
							the clock in
							the forenoon

March hath xxxi. dates.

Now March begins the ſpringing time:
The ſunne hath got the equall line.
Vſe phiſickes art, and all thy skill,
To helpe diſeaſes that be ill.

i	d	Dauid biſh.	aqua.	16	11	g	
ii	e	Chadd biſh	aqu.	28	12	a	
iii		4 ſun in lent	Piſces	10	13		
iiii	g	Adrian mart	Piſces	23	14	c	● Newe moone the 4. day halfe an houre aft high noone.
v	a	Focas & Euſe.	Aries	5	15	d	
vi	b	Victor & vict	Aries	18	16	e	
vii	c	Perpetue	Taur.	1	17	f	
viii	d	Depo S. Feli	Taur.	15	18	g	
ix	e	40. martyrs	Taur.	29	19	a	☽ First quar the 11 day 25. min aft. 4. of the clock in the after noone.
x		5 ſun in lent.	Gem.	13	20		
xi	g		Gem.	27	21	c	
xii	a	Gregory biſh.	Can.	12	22	d	
xiii	b	Theodore ma	Can.	26	23	e	
xiiii	c	peter mart	Leo	11	24	f	
xv	d	Longin mar.	leo	25	25	g	
xvi	e	Boniface biſh	Vir.	9	26	a	○ Full moone the 18 day a litle afte high noone.
xvii		Palme Sun.	Vir.	23	27		
xviii	g	Edward king	Libra	7	28	c	
xix	a	Joſ. Mar. huſ	libra	20	29	d	
xx	b	Cutberte biſh	Scor.	3	30	e	
xxi	c	Benedict abb.	ſcor.	16	31	f	
xxii	d	Aſtrodoſe biſh	ſcor.	28	1	g	
xxiii	e	Theo ph.	Sagi.	11	2	a	
xxiiii			Sagi.	23	3		
xxv	g		Capr.	5	4	c	☾ Laſt quarter the 26 day 25 minut. after 6 in the morne.
xxvi	a	Caſtor mart.	cap.	16	5	d	
xxvii	b	Martian	Aqua.	0	6	e	
xxviii	c	Dorothy vir.	aquar.	12	7	f	
xxix	d	Quintine.	aqua.	24	8	g	
xxx	e	Quirine.	Piſces	6	9	a	
xxxi		Aled. come in	piſces	19	10		

This Aprill with his ſtormie ſhewers,
doth make the earth yeelde pleaſant flowers:
Purge well therefore for it is good,
to helpe the body and cleanſe the blood.

i	g	Theodore vir.	Aries	2	11	c	● New
ii	a	Mary Egypt.	Aries	15	12	d	moone the 3
iii	b	Richard biſh.	aries	28	13	e	day 35 min.
iiii	c	Ambroſ. biſh.	Taur.	11	14	f	after 1 of the
v	d	Martian.	taur.	25	15	g	clocke in the
vi.	e	Sixtus biſh.	Gemin.	9	16	a	morning.
vii	f	Cuthme virg.	gimin	24	17	b	
viii	g	Egiſippus.	Canc.	8	18	c	☽ Firſt
ix	a	Perpetua biſh.	canc.	23	19	d	quarter the 9
x	b	Sol in Taurus.	Leo	7	20	e	day at 10. of
xi	c	Term begin.	leo	22	21	f	the clocke at
xii	d	Julian biſh.	Virg.	6	22	g	night.
xiii	e	Zenone	virg.	19	23	a	S. George.
xiiii	f	Olyffe	Libra	3	24	b	
xv	g	Oſwald arch.	libr.	16	25	c	S Marke
xvi	a	Iſidore mart.	libr.	29	26	d	○ Full
xvii	b	Colmy	Scor.	12	27	e	moone the 17
xviii	c	Valerian	ſcor.	24	28	f	day 40. min.
xix	d	Alphege biſh.	Sagi.	6	29	g	aft. midnight
xx	e	Victor biſh.	sagi.	19	30	a	
xxi	f	Simeon biſh.	Capr.	1	1	b	May.
xxii	g	Wother biſh.	capr.	13	2	c	
xxiii	a	S. George	capr.	25	3	d	
xxiiii	b	Wilfride biſh.	Aqua.	7	4	e	
xxv	c	S Marke	aqua.	19	5	f	
xxvi	d	Cleere biſh.	Piſces	2	6	g	☽ Laſt
xxvii	e	Anaſta. biſh.	piſces	14	7	a	quarter the
xxviii	f	Vigilia.	piſces	27	8	b	25 day 44.
xxix	g	Peter of Mt.	Aries	10	9	c	minut. after
xxx	a	Erkenwald	aries	23	10	d	midnight.

Now gallant May in his array,
Doth make the fieldes pleasant and gay:
Walke early now for thy healths sake,
And still thou mayst some Phisicke take.

i	b	Philip. & Iac.	Taur.	7	11	e	● New
ii	c	Ascention day	taur.	21	12	f	moone the 2
iii	d	Wed. goes out	Gemin.	5	13	g	day about
iiii	e	Flozian	gemi.	19	14	a	high noone.
v	f	6. fun. alt. east.	Canc.	4	15	b	
vi	g	Termi ends	canc.	19	16	c	☽ First
vii	a	John of Bruer	Leo	3	17	d	quarter the 9
viii	c	Appa. of I Abi.	leo	18	18	e	day 38. min.
ix	b	Transl. of I. B.	Virg.	2	19	f	aft. 3. of the
x	d	Gozdian	virg.	16	20	g	clock in the
xi	e	Sol in Gemin.	Libr.	0	21	a	morning.
xii	f	Whitsunday	libr.	13	22	b	Whit sund
xiii	g	Bernat. conf.	libr.	26	23	c	○ Full
xiiii	a	Boniface mar.	Scor.	9	24	d	moon the 16
xv	b	Ember wee.	scor.	21	25	e	day 20. min.
xvi	c	Brandon	Sagi.	3	26	f	after 2 of the
xvii	d	Transl. of Bar.	sagit.	15	27	g	clocke in the
xviii	e	Dioscor. mart.	sagi.	27	28	a	after noone.
xix	f	Crimy fund	Capr.	9.	29	b	Crimy fun
xx	g	Wed. toms in	capr.	21	30	c	☽ Last
xxi	a	Hellen Queen	Aqua.	3	31	d	quarter the
xxii	b	Julian virg.	aqua.	15	1	e	tune.
xxiii	c	Corpus Christ	aqu.	27	2	f	24 day 20.
xxiiii	d	Terme begin	Pisces	9	3	g	min. after 5
xxv	e	Adelme bish.	pisces	22	4	a	of the clocke
xxvi	f	1 sun. aft. Tri.	Aries	5	5	b	at night.
xxvii	g	Bede priest	aries	18	6	c	● New
xxviii	a	Augst of eng.	Taur.	1	7	d	moon the 31
xxix	b	Cozon martyr	taur.	15	8	e	day 22 min.
xxx	c	Felix bishop	taur.	29	9	f	aft. 8 of the
xxxi	d	Petronil virg.	Gemi.	14	10	g	clock at nigh

This moneth of Iune vse clarified whay,
Boyled with cold hearbs drinke alwayt
From violent exercise now abstaine,
except thou wilt in troubles remaine.

i	e	Nichome ma	Gemi	28	11	a	First qu
ii	f	2 sun aft trin	can	13	12	c	the 7 day 34
iii	g	Eraſmus mar	cancer	28	13	d	minutes aft
iiii	a	Pzocius confe	Leo	13	14	e	10 of the
v	b	Bonifface biſh.	leo	28	15	f	clocke in the
vi	c	Melone archb	virgo	12	16	g	forenoone.
vii	d	transl. wolſtan.	virgo	26	17	a	
viii	e	Wilhel archbi	libra	10	18	c	Full
ix	f	3 sun aft trin.	libra	23	19	d	Moone the
x	g	Transl of Iue	Scozp	6	20	e	15 day at 5
xi	a		ſcozp	18	21	f	of the clocke
xii	b		ſagit	1	22	g	in the moz-
xiii	c	Anthony. con.	ſagit	13	23	a	ning.
xiiii	d	transl Richard	ſagit	24	24	c	
xv	e	Viti & modeſt	capzi	6	25	d	
xvi	f	4 sun aft trin.	capzi	18	26	e	☽ Laſt qu,
xvii	g	Vutolph conf	Aqua.	0	27	f	the 23 day
xviii	a	Marc. & mar.	aqua	11	28	g	39 min. aft
xix	b	Nat. reg. Jac.	aqua	23	29	a	7. a clocke
xx	c	transl Edward	piſces	5	30	c	in the moz̃n
xxi	d	Walburg, vir	piſces	17	1	d	
xxii	e	Alban martir	Aries	0	2	e	
xxiii	f	5 sun aft trin.	aries	13	3	f	
xxiiii	g		aries	26	4	g	● Newe
xxv	a	Transl of Ele	taur	9	5	a	moone the
xxvi	b	Jo. & paul ma	taur	23	6	c	30 day 36.
xxvii	c	Creſcens	gemi	8	7	d	min. after 3
xxviii	d	Leo biſh.	Gemi	22	8	e	of the clocke
xxix	e		can	7	9	f	in the moz-
xxx	f	6 sun aft trini.	cancer	22	10	g	ning.

Now in Iuly dog daies begin,
The riuers are best to bathe in:
To take hot drinkes be not too bolde,
But vse herbs which be moist and colde.

i	g	Oct Iohn Ba	Leo.	7	11	c	
ii	a	Visi of Mary	Leo.	22	12	d	☾ First
iii	b	Trans of Th.	Vir.	7	13	e	quart the 6.
iiii	c	Trans of mar	Vir.	21	14	f	day about 8
v	d	Zoe virgin	Lib.	5	15	g	of the clocke
vi	e	Oct of Peter.	Lib.	19	16	a	at night.
vii		7 sun aft trin.	Scor.	2	17		
viii	g	Depos of Gre.	sco.	15	18	c	☽ Full
ix	a	Cirill bisho	sco.	28	19	d	moone the
x	b	7. byeth. mart.	Sa.	10	20	e	14 day abou
xi	c	Trans of Ben	Sa	22	21	f	8. of ꝑ clock
xii	d	Nabor & felix	Cap.	4	22	g	at night.
xiii	e		cap.	15	23	a	
xiiii		8 sun aft trini.	cap.	27	24		
xv	g	Tran of Swi	Aqua.	9	25	c	
xvi	a	tran of Osme:	aqu.	20	26	d	☾ Last
xvii	b	Kenelme king	Pisc.	2	27	e	quar the 22
xviii	c	Arnolph. bish.	Pis.	14	28	f	day 10 min.
xix	d		pisc.	26	29	g	aft. 7 a clock
xx	e	Margaret vi	Arie.	9	30	a	at night.
xxi		9 sun aft trin.	Ari.	21	31		
xxii	g	Mary magda	Tau	5	1	c	
xxiii	a	Apolinar bish	Ta.	18	2	d	
xxiiii	b	Christi.	Gem.	2	3	e	● Newe
xxv	c		Ge.	16	4	f	moone the
xxvi	d	Anne mot. ma	Cã.	1	5	g	29 day a lit-
xxvii	e	7 sl eepers	Cã.	16	6	a	after 10. of
xxviii		10 sun aft tri.	leo	1	7		the clocke in
xxix	g	Felix & his fe	leo	16	8	c	the forenoon
xxx	a	Abdon & Se.	virg	1	9	d	
xxxi	b	German bish.	virg	15	10	e	

This moneth of Auguſt take good heede,
For now will many ſurfets breede:
Let little ſleepe thee now content,
If that diſeaſes thou wilt preuent.

i	c	Lammas day	Libra	0	11	f	☽ Firſt
ii	d	Stephen biſh.	Libra	14	12	g	qua. the 5.
iii	e	Inuent of St.	Libra	27	13	a	day 24. mi.
iiii	f	11 ſund. aft. tr	Scor.	11	14	b	after 8. of
v	g	Gamma conip.	Scor.	24	15	c	the clocke
vi	a	Tranſfigurat.	Sagi.	6	16	d	in the mor.
vii	b	Feaſt of Jeſus	Sagi.	19	17	e	ning
viii	c	Ciria. & his fel	Capri.	1	18	f	● Full
ix	d	Roman mart.	Capr.	13	19	g	moone the
x	e	St. Lawrence	Capr.	24	20	a	13 day, 25
xi	f	12 ſund. aft. tri	Aquar	6	21	b	mi. after
xii	g	Clare virgin	aquar.	18	22	c	a 11 clocke
xiii	a	Sol in virgo	Piſces	1	23	d	in forenoon.
xiiii	b	Euſebius	piſces	12	24	e	Barth. Ap.
xv	c	Aſſumpt. of M	piſces	24	25	f	☽ laſt
xvi	d	Roch martyr	Aries	6	26	g	quarter the
xvii	e	Oct of Lawre	aries	18	27	a	21 day 21
xviii	f	13. ſund. aft. tri	Tauru	1	28	b	minute afte
xix	g	Magnus mart.	tauru	14	29	c	4. of the
xx	a	Lewes biſhop	tauru	27	30	d	clock in the
xxi	b	Barnard confe	Gemi.	11	31	e	morning.
xxii	c	Oct aſſumpt.	Gemi.	25	1	f	Septembr.
xxiii	d	Timot.	Cauc.	10	2	g	
xxiiii	e	Barthol. Appo	cauc.	25	3	a	
xxv	f	14. ſund aft tr	leo	10	4	b	● New
xxvi	g	Dog dales end	leo	24	5	c	moone the
xxvii	a	Raphi mart.	Virgo	9	6	d	27 day a-
xxviii	b	Auguſt biſhop	virgo	24	7	e	bout 7. of
xxix	c	Decol. of Joh	libra	8	8	f	the clocke
xxx	d	Felix and Aud	libra	22	9	g	at night.
xxxi	e	Cuthburg.	Scorp.	5	10	a	

Now maist thou phisicke safely take,
And bleede and bathe for thy healths sake:
Eat figges, and grapes, and spicery,
For to refresh thy members dry.

i	F	15. sun. aft. tri	Scorp	18	11	F	☽ First qua. the 3: day about mid-night,
ii	g	Anthony mart.	Sagit.	1	12	g	
iii	a	Gregorie	Sagit.	14	13	a	
iiii	b	Translat of Cut.	Sagi.	27	14	b	
v	c	Hercules	Capric	9	15	c	
vi	d	Eugenius	Capr.	21	16	d	
vii	e	Natiu. virgi. Ma	Aquar.	3	17	e	
viii	f	16. sun. aft. tri	aqua:	15	18	f	
ix	g	Gorgon mart.	aquar,	27	19	g	○ Full moone the 12 day 48 min. aft: 2 of the clock in the morning:
x	a	Proth & Jaci	pisces	9	20	a	
xi	b	Martion bish	pisces	21	21	b	
xii	c	Maurice bish	Aries	3	22	c	
xiii	d		aries	15	23	d	
xiiii	e	Exalt crosse	aries	28	24	e	
xv	f	17. sun. aft. tri	Taur.	11	25	f	
xvi	g	Edith virgin	taur	24	26	g	☾ last qua: the 19 day 40 mi after 4, in ye afternoone,
xvii	a	Ian. bert bishop	Gemi.	8	27	a	
xviii	b	Ember weeke	gemin	21	28	b	
xix	c	January mart.	Cance	6	29	c	
xx	d	Eustace	cance.	20	30	d	
xxi	e	Matheu Apo.	leo	5	1	e	
xxii	f	18. sun. aft. tri	leo	19	2	f	
xxiii	g	Esdras	Virg.	4	3	g	
xxiiii	a	Sexburg	virgo	18	4	a	
xxv	b	Firman bisshop	libra	1	5	b	
xxvi	c	Cipprian & iust	libra.	16	6	c	● New moone the 26 day 30 min aft 4 of the clock in the morning:
xxvii	d	Cosme & demi	Scorp	0	7	d	
xxviii	e	Exupery bish	Scorp	13	8	e	
xxix	f	Michaell Arc.	Scor.	26	9	f	
xxx	g	Hirome priest	Sagita,	9	10	g	

This moneth hot drinkes and meats be good,
to keepe thy health and nourish thy blood:
Prouide thee warme cloathes and goe dry,
thou shalt escape much danger thereby.

i	a	Remig. bishop	Sagi, 22	11	d	First quarter the 3 day 20. min. after 6. clock at night.
ii	b	Leodegari	Capri. 4	12	e	
iii	c	Candide mar	Cap. 16	13	f	
iiii	d	Franci. confe	Capr. 29	14	g	
v	e	Appollinarius	Aqua. 11	15	a	
vi	f	Faith virgin	Aqua. 23	16	b	
vii	g	Marc. & Mar	Pisces 5	17	c	
viii	a	Pelagius vir.	Pisce 16	18	d	Full moon the 11 day 21 minu aft 5. a clock at night.
ix	b		Aries 0	19	e	
x	c	Dereon vicc	Aries 12	20	f	
xi	d	Michaell mart.	aries 25	21	g	
xii	e	Wilfride bish.	Tau. 8	22	a	
xiii	f		Taur. 21	23	b	
xiiii	g	Calixt bish	Gemi. 4	24	c	☾ last quart. the 18 day about 6 a clocke at night.
xv	a	Wolfran bish	gemi. 18	25	d	
xvi	b	Mich. mount	canc. 2	26	e	
xvii	a	Etheldred vir	cancr. 16	27	f	
xviii	d		leo 1	28	g	
xix	e	Frolwick vir.	leo 15	29	a	
xx	f	22 sun alt tri.	Virg. 0	30	b	
xxi	g	Ursula virg	Virg. 14	31	c	
xxii	a	Mary Salom	virg. 28	1	d	
xxiii	b	Wagloxie bi.	libra 12	2	e	
xxiiii	c	Tra. of Joh. be	libra 26	3	f	● Newe moon the 25 day 46 min. after 4. of the clock in the afternoon
xxv	d	Crispin & Cris.	Scorp. 9	4	g	
xxvi	e	Euag Am.	Scor 22	5	a	
xxvii	f	23. sun. alt trin	Sagit 5	6	b	
xxviii	g		sagit. 17	7	c	
xxix	a	Marcellus bi.	Capri 0	8	d	
xxx	b	German bisho	Capri 12	9	e	
xxxi	c	Quintin Fast	capri 24	10	f	

Now maist thou drinke sweete wines freely,
And vse good mirth and company,
Abstaine from wrath, and all enuy,
And vse thy bretheren charitably.

i	d		Aqua, 6	11	g		
ii	e	All soules	Aq. 18	12	a	☾ First	
iii		24 sun aft tri.	Pis. 0	13	b	quarter the 2	
iiii	g	Amantius	Pis. 13	14	c	day 20 minu	
v	a	Lete priest	pis. 25	15	d	aft. 2 a clock	
vi	b	Leonard abbo	Aries 8	16	e	afternoone.	
vii	c	Wilfrid bish.	Ari, 20	17	f	● Full	
viii	d	4. crowned	Taur, 3	18	g	moone the	
ix	e	Theodore ma	taur. 17	19	a	10 day 41.	
x		25 sun aft tri.	Gemin 0	20	b	minu aft. 6. a	
xi	g	Martin bisho	gem 14	21	c	clocke in the	
xii	a		gem 26	22	d	morning.	
xiii	b	Brice bishop	Can, 12	23	e	☽ Last qua	
xiiii	c	Transl. Erke	can, 27	24	f	17 day about	
xv	d	Macute bish	Leo. 12	25	g	one a clock in	
xvi	e	Edmund bish	leo, 26	26	a	the morning.	
xvii		26 sun aft tri.	Virg. 11	27	b		
xviii	g	Octa Martin	vir, 25	28	c		
xix	a	Elizabeth wi.	libra, 9	29	d		
xx	b	Edmund kin	libr 22	30	e		
xxi	c	Presen Mar	Scor 6	1	f		
xxii	d	Cicely virgin	scor, 18	2	g		
xxiii	e	Clement mar	Sagi, 1	3	a	● Newe	
xxiiii		27 sun aft tri.	sag, 14	4	b	moon the 24	
xxv	g	Cather. vir.	sagi. 26	5	c	day 45 minu.	
xxvi	a	Linus bish	Ca, 8	6	d	after 7 a clock	
xxvii	b	Agricola & vic	Cap 20	7	e	in the morn-	
xxviii	c		aqua 2	8	f	ing.	
xxix	d	Saturni	aqua 14	9	g		
xxx	e		aqua 26	10	a		

This moneth as I do now remember,
The twenty fiue of this December:
Our Sauiour Christ was borne that day,
That we might praise his name alway.

i	f	Aduent sund:	Pisces 8	11	d	
ii	g	Wed goes out	Pisce 20	12	e	☾ First quarter the 2. day 47. minut: after 10 of the clocke, in the forenoon.
iii	a	Barbara virg.	Aries 3	13	f	
iiii	b	Dimond bisho:	aries 15	14	g	
v	c	Sabb Abbot	aries 28	15	a	
vi	d	Nicholas bisho	Taur 11	16	b	
vii	e	Oct. S. Andr:	taura 25	17	c	
viii	f	2. sund in adue	Gemin 9	18	d	
ix	g	Cipzian abbot	gemin 23	19	e	
x	a	Eulalie virg.	Cancer 7	20	f	
xi	b	Damasius bish	cance 22	21	g	● Full mone the 9 day 47. min aft. 6 a clocke at night:
xii	c	Iol in Caprico	Leo 7	22	a	
xiii	d	Lucie virg	leo 22	23	b	
xiiii	e	Otholy virg	Virgo 6	24	c	☾ Last quar the 16 day 50 min aft 9: of the clocke in the forenoon.
xv	f	3. sund. in adue	virgo 21	25	d	
xvi	g	O sapientia	Libra 5	26	e	
xvii	a	Lazarus bish:	Libra 19	27	f	
xviii	b	Vmber weeke	Scorp. 2	28	g	
xix	c	Venetia virg	scorpi 16	29	a	
xx	d	Iulian Fast	scorpi 28	30	b	
xxi	e	Thomas Apo:	Sagit. 11	31	c	
xxii	f	4. sund in adue	sagit. 23	1	d	Ian. 1612
xxiii	g	Victor virg	Capri. 5	2	e	● New the 24 day. 28. min after one of the clocke in the morning.
xxiiii	a	Claude Fast	Capri 17	3	f	
xxv	b	Christmas day	capric 29	4	g	
xxvi	c	St. Stephen	Aquar 10	5	a	
xxvii	d	John Euange	aquar 22	6	b	
xxviii	e	Innocents	pisces 4	7	c	
xxix	f	Thomas archb	pisces 16	8	d	
xxx	g	Transl of Iame	pisces 28	9	e	
xxxi	a	Siluester bish	aries 11	10	f	

Neue. 1611.

A Prognostication seruing for the yeare of our Lord God and Saui-our Iesus Christ. 1611.

¶ Wherein you may behold and obserue, the grounds of the alteration and condition of the foure quarters of this yeare, and also the estate and disposition of the ayre, for each seuerall day, according vnto the mination of the Celestiall bodyes, with the change of the Moone, and the time of the Eclipses, with other necessary obseruations, conuenient in such a worke to be noted.

Calculated and especially referred, to the longitude and Eleuation of the Pole Artick, of the famous towne of great Yarmouth, in Norfolke, and may serue indifferently for all England.

By Ieffery Neue, Practicioner in Phisick and Chirurgery.

A neceſſary rule to know the beginning and ending of euery Tearme, with their Returnes.

¶ Hillarie Terme beginneth the 23. daie of January, and endeth the 12. of Febꝛuary, & hath foure returnes.

Octabis Hillarij. } { Craſtino Purifica.
Quind. Hillarij. } { Octabis Purifica.

¶ Eaſter Terme beginneth 17. daies after Eaſter, and endeth the Munday next after Aſcention day. And hath fiue Returnes, that is to ſay.

Quind. paſchæ. } Menſe paſchæ. { Quinque paſchæ.
Tres paſchæ. } { Craſti Aſcention.

¶ Trinitie Terme beginneth the Friday next after Trinity Sunday, and endeth the Wednesday fortnight after. And hath foure Returnes, that is to ſay.

Craſti Trinitatis. } { Quind. trinitatis.
Octabis Trinitatis. } { Tres trinitatis.

¶ Michaelmas Terme beginneth the 9. day of October, and endeth the 28. of Nouember. And hath 8. Returnes, that is to ſay.

{ Octabis Michael. / Quind. Michael. / Tres Michael. / Menſe Michael. } { Craſt. Animarum. / Craſt. Martinij. / Octabis Martinij. / Quind. Martinij. }

¶ Note alſo that the Exchequer openeth eight daies before any Tearme begynne, except Trinity Tearme, in which it openeth foure daies before.

¶ On theſe dayes following, the Judges ſit not at Weſtminſter.

In { Hillary / Eaſter / Trinity / Michaelmas. } Terme, on { Candlemas / Aſcenſion / Midſomer. / Alholland } day

Certaine profitable Rules and briefe obſeruations, concerning Husbandrie.

THe beſt time to ſow all kinde of Cornes, when the moone goeth her courſe in Cancer.

The beſt time to plant and Graft, when the moon is in a fixed ſigne, eſpecially in Taurus or Aquarius, in the increaſe of the moone, which is betweene the change and the full.

To ſet or ſow all kind of ſeedes, the moone beeing well ſeated in Aries, Taurus, Cancer, Virgo, Libra, Capricornus, Aquarius, or Piſces.

Fell timber to build withall, when the moone is towards the laſt quarter, ſhe being then in Aquarius or Piſces.

Crop trees and fell wood to burne, that the ſtocke may the better and ſooner grow againe, when the moone is in the firſt quarter.

Remoue and ſet young trees, in the laſt quarter of the Moone, in Taurus or Capricornus, and that in the months of September, October, Nouember, and Februarie.

The time to geld Cattell, the moone in Aries, Sagitarius, or Capricornus.

The beſt time to cut Vines, is in February or March, the Moone increaſing in Taurus, Virgo, or Libra.

The beſt time to ſheare ſheepe, is in the increaſing of the Moone, that is from the change to the full.

To cut haire, that it may the ſooner growe againe, the Moone increaſing in Taurus, Virgo, or Libra.

To mucke your Land, that the weeds may not grow thereby, is in the decreaſing of the Moone, that is from the full to the change.

Briefe

¶ Briefe Rules and necessary Obseruations, concerning Bathing, Purging, and Sweating, according to the motions of the Moone.

When the weather is either extreamly hot or cold, it is not then conuenient, either to let bloud or to purge, vnlesse some great necessity do require it: yet notwithstanding if this bloud-letting be for the Phrenzy, the Pestilence, the Squinancy, the Pluriſie, the Apoplexy, for a continuall headach, proceeding of Choller or bloud, or for any hot burning feauer, or other extreame paine a man in such a case, may not tarry a chosen time, because the patient might miscarry in the meane season. But in this forenamed case of extreamity, bloud is not to be let in such quantitie, as otherwise it would, if a chosen time might conuenientlie be expected.

The best time to let the Phlegmaticke bloud, is when the moone is in Aries, or Sagittarius, the head & thighs excepted.

For the Melancholly, the moone being in Libra or Aquarius, the buttocks and legs excepted.

For the Chollerick, the moone being in Cancer, Scorpio, or Pisces.

For the Sanguine, all be good which before is named.

In the Spring time, let bloud at the right side.

In Haruest time, let bloud at the left side.

For Bathing.

The best Bathing generally, when the Moon is in Aries, Leo, & Sagitarius, and that two or three daies after the change, and at the full of the Moone: for then the superfluities are ripe and ready to auoyde issue, and flow out, &c.

If any will enter into the Bath for cleanlinesse sake, let be done, the moone being in Libra or Pisces.

For

A Prognostication

For Purging.

The Signes generally good for Purging, are Cancer, Scorpius, and Pisces.

Particularly, as with potions or drinks, in Scor. Purge with Electuaries, the Moone being in Cancer.
Purge with Pilles, the moone being in Pisces.
Take Preparatiues, the moone in Aries, Leo, or Sagit.
Take vomits, the moone in Leo, Aries, Capricornus.
Take Gargarises, the moone in Aries, Cancer, or Cap.
Take Glisters, the moone in Libra or Scorpio.
To stop Flures, Rheumes, and Lares, the Moon being in Taurus, Virgo, or Capricornus.
To prouoke Neesings, the moone in Cancer, Leo, or Virgo.

Good to comfort the vertue Attractiue, the moone in Aries, Leo, Sagittarius.

Good to comfort the vertue Digestiue, the moone in Gemini, Libra, or Aquarius.

Good to comfort the vertue retentiue, the Moone in Taurus, Virgo, Capricorne.

Good to comfort the vertue expulsiue, the Moone in Cancer, Scorpio, and Pisces.

For Sweating.

The best and meetest signes to sweat in, are Leo, Aries and Sagittarius, and that two or three daies after the change, and at the full of the Moone. And note, that sweating, it is better to doe it at the euening then in the morning: for when the body hath nourishment within, the spirites shall not vtterly bee drawne forth to the extreame parts. Note further, that leane and dry folks or feeble persons, must sweat little, for it will hurt them much: But fat folkes may sweat well, and it will help them much.

¶ Of the Eclipſes which ſhall happen this preſent yeare of our Lord God. 1611.

THere ſhall bee viſibly ſeene this yeare of our Lord God, 1611. two Eclipſes, both of the ſun, but neither of them ſhall be manifeſted or ſeene in our Horizon.

THe firſt Eclipſe of the bright Globe of the ſun, ſhall be apparantly ſeene on the 31. day of May, according to our account: but in the reformed yeare the 10. of June, about eight of the clocke and ten minuts after noone, both the Luminaries then beeing conjuncted in the 18. degree, 57. minuts, 50. ſeconds of Gemini, being almoſt within one degree of Caput Draco. &c. The Digets or degrees eclipſed is 2. and two minuts: The duration of this obſcuration, ſhal continue from the beginning to the ending, two houres and 46. minutes, vnto the Weſterne inhabitance of Mexicana, with the adiacent Region adioyning, called Califormia, whoſe longitude is 255. degrees, and latitude. 19. degrees or there about, and ſeeing it is ſo far diſtant from our eleuation, I leaue to make any further relation thereof.

THe ſecond Eclipſe of the ſunne, will bee obiected to the ſight of the people which inhabite in the ſouthermoſt parts of Affrica, and the Flanders of Madagaſcar, whoſe longitude is 82. degrees, and Latitude 26, degree. This aforeſaide Eclipſe ſhall happen 24. November, at ſeauen of the clocke and 39. minuts in the forenoone, the Lights then being in the 11. degree and 22. minuts of Sagittarius, neere Cauda Draconis. The Points or degrees eclipſed 11. and 33. minuts, the continuance will be three houres and 20. minuts.

¶ A Deſcription of the foure quarters of this yeare of our Lord God, 1611.

¶ Of Winter.

WInter (which is the chiefe capitall foe for the ſpring, the diſgrace of Summer, and the deepe deuourer of the fruitfull Harueſt) began to take his effects (according to our diuall Computation) the 11, of December, in the yeare aforegoing, at the firſt entring of the ſunne into the firſt minute of the ſigne Capricornus, at which time the ſun ſhalbe at his greateſt ſouth declination frō the Equinoctiall line, ſo that hee riſeth South-eaſt, and ſetteth South-weſt. Now is the Hiemall or Winter Solſtice, for the ſunne is ſo far remoued from our Zenith or verticall point, that he can decline no further, and ſtandeth at a ſtop and ſtay, and euen then is the ſhorteſt day and longeſt night in the yeare, and ſo this Winter Quarter doth continue vnto the tenth of March nert enſuing.

Touching the inclination and diſpoſition of the weather for this quarter, I am induced to iudge generallie, that we are like to haue many boiſtrous winds: and great ſtore of ſtormy moyſture.

This quarter is by nature cold and moiſt, vnpleaſant for the moſt part to trauellers, either by Land or Sea, and vnto aged perſons it is verie cumberous and noiſom, cauſing ſuperfluity of rawneſſe, and aboundance of colde moiſtneſſe to ouerflow their bodies, to their great trouble and diſquietneſſe, &c.

The diſeaſes moſt like to afflict mens bodies, will bee many, proceeding of rawe flegmaticke, and vndigeſted bloud, or ſuperfluity of corrupt, rotten and putrified humours, ſorenеſſe and ſtopping of the breaſt, Apoſtumes of the Lungs, windineſſe and il digeſtion in the ſtomack, Rheumes, Coughes, Poſes, Hoarſeneſſe, Catarres, Gouts, Palſies, paine in ꝑ teeth and throat, many colde

diſtillations into the ſubiect parts of the body, as into the ſtomacke, Lungs, Raines, and ioyntes, Quotidian Agues, and ſuch like. Let vs call vpon the Almighty, who is the gouernour of heauen and earth. to be mercifull vnto vs, and to forgiue vs all our ſins, which is the cauſe of all corrections and puniſhments, iuſtly laide vpon vs.

Infections from the Starres will come,
Except that God defend vs from.

Of the Spring.

THe Sunne (which is the eye of the world, the fountaine of light, and the chiefe moderator of all the reſt of the lights) hath like a Gyant run his race, and finiſhed his reuolution (Gradatim) throughout the 12. ſignes, and now begynneth his iourney afreſh againe, & goeth an euen courſe, and ſo becomes an indifferent Arbiter betweene the day and the night, and maketh an equality throughout his whole gouernment, to the great ioy and comfort of all his reuiued Subiectes, chearing with his ſplendant countenance, the poore afflicted weatherworne weedes of this our darke ſtarre of mortallity (which the darkened countenance of the Winters extreamities, hadde almoſt ſubdued) with his moſt excellent preſence, whereat the earth begins to ſmile and to put on her new apparell, the flouriſhing liuery of freſh Flora. Whoſe liberall proceedings will not be much hinderd with any extraordinary diſtemperature of the aire, but rather continue in a reaſonable condition, little diſagreeing from the naturall quality. to the great ioy and comfort of all ſortes of budding, blooming, and ſpringing things.

This ſeaſon is naturally hot and moiſt, the moſt temperature in all the yeare, and the leaſt breeder of ſickneſſe, that doth procure death, and a conuenient time for the remouing of ſicknesſes and griefs gotten before, and alſo to auoyd and preuent thoſe that are to come, for now the diſpoſitions and Spirites of Men and other creatures are quickned and reuiued, and therefore the hu-

humors which do abound and are ready to repreſſe nature, are readieſt to be emptied and anoyded, whether by blond-letting, purging, or otherweaies, as the learned ſhal aduiſe, and as the cauſe of the diſeaſe ſhall require: Such therefore as are diſeaſed, let them not neglect this time.

Sundry ſorts of ſickneſſes, and deadly Maladies, are threatned this quarter, as paines in the head, hot Agues, peſtilent Feauers, Impoſtumes in the ſtomacke, inflamations in the Liuer, many kinde of Scabs and itching, with Biles and ſwellings in many parts of the body, plurſies, Measels, Jaundies, ſmall Pores, Bone-ach, vntimely deliuerance, rottennesſe, & whatſoeuer may ſpring of Choller and corrupt bloud.

Let vs call vpon God, from whom all things doe come, that he will vouchſafe vs his grace & mercy, and to take from vs all hurtfull things, & giue vs thoſe things which are profitable both for our ſoules and bodies. Amen.

The wiſe by prouidence and good skill,
May rule the Starres to ſerue their will.

Of the Summer.

SUmmer the third part of our vulgar yeare, according to our vſuall computation, beginneth now when the Sunne hath mounted in his motion, to the higheſt point of his courſe: Namely, to the firſt degree of the Eſtiuall Solſtice Cancer, which is his greateſt declination to the North, from the Equinoctiall line. And then is the longeſt day and ſhorteſt night with vs in the yeare, at which time beginneth our common Summer ſeaſon, which is this yeare vpon the 11. of June, being Tueſday: which quarter doth endure till the Sunne hath gone through theſe Summer ſignes, Cancer, Leo, and Virgo, from the firſt day, whereof the daies continually decreaſe by little and little, euen to the contrary Solſtice, Capricornus, deſcribed before in the Winter quarter.

This

This ſeaſon according to his proper Nature, is hotte and dry, turning the humors of mens bodyes from coldneſſe and moyſture, into hotneſſe and drineſſe, reſembling the Element of fire, and complection of Choller, bringing all fruites to their ripeneſſe, Cattle to their fatneſſe, and men to their wealth.

As concerning the inclination of this quarter, it is likely to proue in the beginning ſomwhat vnconſtant, with many ſhewers, but towards the midſt and latter part, more agreeable to the quallity of the ſeaſon.

The infirmities of this ſeaſon are hot burning feauers, Frenzies and Sweats, paine in the head, bliſters in the mouth, Squinances, hot impoſtumes, inflamations of the Liuer, ſcalding of the vrin, and ſuch other diſeaſes, as proceed of hot and Chollericke humors, &c.

Thus doth the Starres to vs threat ill,
For not performing of Gods will.

Of the laſt quarter called Autumne.

AUtumne (according to our accuſtomed Computation) the laſt quarter of this yeare, beginneth at the Sunnes departure from the laſt ſcruple of Virgo, into the firſt minute of the ſecond Equinoctiall ſigne Libra, which will be this yeare vppon the thirteenth day of September, beeing Fryday, the day and night beeing of an equall length, as in the Spring: At which time is the Autumnall equinoctiall, for euen as at the ſuns enterance into Aries, the day by increaſing from the winter Solſtice till then, came to bee equall with the night, going on ſtill more and more till the ſummer Solſtice, when was the longeſt day and ſhorteſt night: So now, the night by increaſing from the Eſtiuall Solſtice, to this the ſunnes ingredience into Libra, hath got to be equall with the day,

and

and ſhall encreaſe more and more till the Wemmall Solſtice come againe, when the night is longeſt and the day ſhorteſt, and this time of the yeare is of it ſelfe vnconſtant, and variable, warm in the day time, and cold in the night.

Touching the particular declination of the weather, I referre you vnto my daily diſpoſition.

The ſicknelles and diſeaſes which will be incident vnto this quarter, are many obſtructions of the Spleene, Quartaine Agues, blacke Jaundies, the Hemeroides, long lingering Agues, Dropſies, Goutes, Conſumptions, falling ſicknelle, pain in the bones and Joints, with many other diſeaſes, which the Lord of his mercy turne from his elect.

Take heede in time, to God now call,
For ſure the heauens doth threat our fall.

A

¶ *A declaration of the inclination and disposition* of the winds and weather, according to the diuers motions and influences, of the Erraticall and fixed stars: with the day, houre, and minute of the change of the Moone, her full and quarters: and also of the rising & setting of the Sun, in euery seauenth day of euery month of this yeare of our Lord God. 1611.

¶ Of Ianuary.

Day	The sunne riseth.	The sunne setteth.
1	howre 8 and 3 minuts	howre 3 and 57 minuts.
7	howre 7 and 56 minuts	howre 4 and 4 minuts.
14	houre 7 and 46 minuts	howr 4 and 14 minuts.
21	houre 7 and 34 minuts	houre 4 and 26 minuts.
28	houre 7 and 23 minuts	houre 4 and 37 minuts.

The first 2. and 3. dayes temperate. The New moon the 4. day, at two of the clocke in the morning, the 5, 6. 7. and 8 daies winterly weather, the 9 and 10 daies more milder. The first quarter, the 11. day, 40. minutes after ten of the clocke at night, the 12. cold and cloudy, the 13. and 14. ruffeling day, the 15. 16. and 17. stormy moysture. The full Moone the 18. day, 38 minuts after one of the clocke in the after noone, the 19. some stormes to be expected, the 20. indifferent, the 21. 22. 23. and 24. ouercasting clouds for raine or snow. The last quarter the 25. day at foure of the clocke the afternoon, the 26 and 27 daies windy and stormy, the 28. 29. 30. and 31 daies stormy and very vnconstant.

In this Month of January let not bloud, neither vse but little Phisicke, except necessity constraine thee, and beware of taking cold, for in this moneth Rheumes and Fleume do much increase, to fast long is hurtfull, but to drinke White-wine fasting is good and wholesome. Also to take euery morning roased hony a little quantity 3. spoones

houres before meate, will comfort the stomacke and cleanse the body of Choller and flemme, vse meates and drinkes that are naturally hot, moderately, and weare warme cloathes.

¶ Of February.

Day	The Sun riseth.	The Sun setteth.
1	hou. 7 and 13 min.	houre 4 and 47 min.
7	hour 7 and 4 min.	houre 4 and 56 min.
14	hou. 6 and 50 min.	houre 5 and 10 min.
21	hou. 6 and 34 min.	houre 5 and 26 min.
28	hou. 6 and 22 min.	houre 5 and 38 min.

The 1. day vnconstant. The new moon the 2. day, 26 minutes after 8. of the clocke at night, the 3. 4. and 5. daies great winds with stormes, the 6. 7. 8. and 9 daies frosty. The first quarter the 10. day at 9. of the clocke in the Morning, the 11 faire and frosty, the 12. 13. and 14 some fall of moysture, the 15 and 16 daies winterly weather. The full moone the 17. day, halfe an houre after one of the clocke in the morning, the 18 day distemperate, the 19. 20. and 21. apt for the time, the 22. and 23 some change. The last quarter, the 24 day, about 11. of the clocke in the forenoone, somewhat lowring, the 25 26, 27. and 28 daies frosty and seasonable weather.

In this moneth of Febzuary, all thinges that doe opilate, stoppe, or thicken the bloud, are to bee refrained; and yet forbeare Phiscke and letting of bloude, except great necessity do constraine it, and learned counsell do aduise it. Beware of taking cold, for Agues now are easily got, &c.

¶ Of

¶ Of March.

Day	The Sun riseth.	The Sun setteth.
1	hou. 6 and 20 min.	houre 5 and 40 min.
7	hou. 6 and 8 minut	houre 5 and 52 min.
14	hou. 5 and 54. min.	houre 6 and 6 min.
21	hour 5 and 40 min.	houre 6 and 20 min.
28	hour 5 and 26 min.	hour 6 and 24. min.

The 1.2. and 3. daies some stormy showers. The new moone the 4 day, halfe an houre after high noone, the 5, 6, 7, and 8, daies sitting the season. the 9, and 10, daies some storms. First quarter the 11 day, 25 minuts after 4 of the clocke in the afternoone, the 12 and 13 springing weather, the 14, 15, 16, and 17 vnconstant. Ful Moon the 18 day, a little after high noone the 19 and 20 fair and temperate, the 21, 22, and 23 stormy and cloudy, the 24 and 25 daies temperate. Last quarter the 26. day, 25 minuts after six of the clock in the morning, the 27 windy and wauering, the 28, 29, 30. and 31. daies variety of weather.

In this Moneth of March, the humours of mans body begin to increase: and nowe grosse feeding breedeth grosse blood and grosse humors: wherefore nowe (in milde and warme weather) it is good to purge and clarifie the bloud by Potions, Bathings, & Blood-letting or such other waies, as the learned Phisition shall appoint, and as the cause of the disease shall require.

¶ Of

¶ Of Aprill.

Day	The Sun riſeth.	The Sun ſetteth.
1	hou. 5 and 18 min.	houre 6 and 42 min.
7	hour 5 and 6 min.	houre 6 and 54 min.
14	hou. 4 and 54 min.	houre 7 and 6 min.
21	hou. 4 and 39 min.	houre 7 and 21 min.
28	hou. 4 and 29 min.	hour 7 and 31. min.

The firſt and ſecond daies Aprill ſhewers. New moone the third day, 35 minuts after one of the clock in the morning, the 4 apt for the time, the 5 and 6 ſome ſtorme, the 7 and 8 faire. Firſt quarter the ninth day, at ten of the clock at night, the 10 and 11 ouercaſting cloudes, with haile or raine, the 12, 13, 14, 15, & 16 daies all like to proue kindly and ſeaſonable. The full moone the 17 day, 40 minuts after midnight, the 18 and 19 ſome ſhewers, the 20, 21, and 22 daies very good weather, the 23 and 24 not much diſagreeting to the former. The laſt quarter the 25. day, 44. minuts after midnight inclined to raine, the 26, 27, 28, 29 and 30 daies fitting the ſeaſon.

In this Month of Aprill, the pores of men are opened, and are apt to receiue Phiſicke: and they that now refuſe the ſame, I commit them to the beniſite of Nature, for of all times of the yeare, this is the beſt time to preuent cauſes of ſickneſſes, or for ſpeedy remedie in extreamities: for now nature her ſelfe doth renew ſtrength through all the body. So where ſickneſſe happeneth, ſhee ſoone ouerbeareth by the meanes of Phiſicke: wherefore what it cannot doe now, hereafter it will hardly be done, therefore take time whilſt time is, &c.

¶ OF

¶ Of May.

Day	The Sun riseth.	The Sun setteth.
1	hou. 4 and 23 min.	hour 7 and 37 min.
7	hou. 4 and 15 min.	hour 7 and 45 min.
14	hou. 4 and 5 min.	hour 7 and 55 min.
21	hou. 3 and 56 min.	houre 8 and 4 min.
28	hou. 3 and 50. min.	hour 8 and 10 min.

The first day temperate. New moone the second day, about high noone, the 3. 4, 5. and 6. daies inclined sometime to moisture, the 7 and 8 vnconstant. The first quarter the ninth day, 38 minuts after three of the clocke in the morning in like manner, the 10. 11. 12. and 13 daies many white dispersed Cloudes, the 14. and 15. some change. Full moone the 16. day, 20 minuts after two of the clocke in the afternoone, the 17. some stormes to bee feared, the 18. 19. 20. and 21. daies, answering the season, the 22 and 23 daies inclined to lowring weather. Last quarter the 24. day 20, minutes after 5. of the clocke at night, the 25. 26. 27. and 28. daies apt for the time, the 29 and 30. somewhat windy. New moone the 31 day, 22 minuts after 8 of the clocke at night, indifferent for the time.

In this month of May rise early, for May dooth not loue no sluggards. And let such as be in health and able, walke into the fieldes, and eate and drinke a little betimes: and abstaine from such Meates as bee hot of nature. And for such as be sicke, it is a very good time to be let blood, or to take Phisicke. Such as bee whole, God keepe them in health: and such as bee sicke, God send them good Phisitians and Phisicke.

¶ Of Iune.

Day	The sunne riseth.	The sunne setteth.
1	howre 3. and 49. min.	howre 8 and 11 minuts.
7	howre 3. and 46. min.	howre 8 and 14 minuts.
14	howre 3. and 47. min.	howre 8 and 13 minuts.
21	howre 3. and 49. min.	howre 8 and 11 minuts.
28	howre 3. and 52. min.	howre 8 and 8 minuts.

The firſt, 2 and 3 daies inclined to moyſture, the 4. 5 and 6 maie apt for the time. The firſt quarter the 7. day 34. minutes after ten of the clocke in the forenoone, and 8, 9, 10 11, and 12, daies mutable and vncertaine, the 13 and 14 in like manner. Full moone the 15 day, at fiue of the clocke at night, the 16 and 17 ſoultry hot, the 18 19, and twenty daies, ſome change, the 21 and 22 ouercaſting cloudes. Laſt quarter the 23 day, 39 minutes after ſeauen in the morning, the 24 and 25 pleaſant weather, the 26, 27, 28, and 29 daies reaſonable faire and windy. New moone the 30 day, 35 minuts after three of the clocke in the morning inclined to raigne.

In this Moneth of June, if thou muſt needes vſe Phiſicke, take it early in the Morning, that it may haue wrought before the heate of the day: and vſe a light or thinne diet, for the ſtomacke is not now ſo able to digeſt as in winter, or ſome other of the former Monthes. It is very good and conuenient for ſome to drinke clarified Whay, boyled with cold Hearbes, and to abſtaine from ouer violent exerciſes.

¶ Of Iuly.

Day	The Sun riſeth.	The Sun ſetteth.
1	hou. 3 and 54 min.	houre 8 and 6 min.
7	hou. 3 and 59 min.	houre 8 and 1 min.
14	hou. 4 and 7 minut	houre 7 and 53 min.
21	hour 4 and 20 min.	houre 7 and 40 min.
28	hour 4 and 30 min.	houre 7 and 30 min.

The 1, 2, 3, 4, and 5, daies very hot. Firſt quarter the firſt day about eight of the clocke at night, the 7, 8, 9, and 10 daies ſome ouercaſting clouds, the 11, 12, and 13, pleaſant weather. Full moone the 14 day, about eyght of the clocke at night, and 15, vnconſtant, the 16, 17, and 18,

dayes fitting the season, the 19, 20, and 21. Summers weather. Last quarter the 22 day, 10 minuts after seauen of the clocke at night, the 23, and 24, cloudy with winde, the 25, 26, 27, and 28, variety of weather. New Moone the 29, day, a little after ten of the clocke in the morning, cloudy, the 30 and 31 foulery hot.

In this Monthy of July, eate not any hot spiced Meates: and vse to drinke but little Wine this month, because of the great heate of the season: beware of bleeding by vaine, abstaine from Phisicke, and extreame exercises: vse colde Hearbs, and cold Meates. And now the riuers are more wholesome then the baths.

¶ Of August.

Day	The Sun riseth.	The Sun setteth.
1	hou. 4 and 36 min.	houre 7 and 24 min.
7	hou 4 and 48 min.	houre 7 and 12 min.
14	hour. 5 and 0 min.	houre 7 and 0 min.
21	hou. 5 and 16 min	hour 6 and 44 min.
28	hou. 5 and 27 min.	hour 6 and 33 min.

The first 2, 3, and 4 dayes faire and pleasant. The first quarter the fift day, 24 minuts after eight of the clocke in the morning, the 5, 6 some fall of moysture, the 7, 8, and 9. very good weather, the 10, 11, and 12 daies not much disagreeing from the former. Full moone the thirteenth day, 25 minuts after a 11 of the clock in the forenoone, the 14, 15, & 16 daies windy, with some storms, the 17, 18, 19, and 20 daies windy, with some Cloudes sometime. Last quarter the 21 day, 21 minut after four of the clock in the morning, the the 22 like to the former, the 23 and 24 some fall of raine, the 25 and 26 fair. The new moone the 27 day, about seuen of the clock at night, the 28, 29, 30, and 31 daies, all fitting for the season.

In

In August moderate diet is good Phisicke, for now it is very dangerous to surfeit: and take good heede of heates and then colds, for nothing sooner engendereth Pluresies. And vse not to sleepe much, and especially after noone, for making Dylations, and for auoyding of Agues, and the Headach, and Cathares. And let a man abstaine from phisick this month, except necessity compell him.

¶ Of September.

Day	The sunne riseth.	The sunne setteth.
1	howre 5 and 34 minu.	howre 6 and 26 minutes
7	howre 5 and 46 minu.	howre 6 and 14 minutes
14	howre 6 and 2 minuts	howre 5 and 58 minutes
21	howre 6 and 16 minu.	howre 5 and 46 minutes
28	howre 6 and 28 minu.	howre 5 and 32 minutes

The first and second daies stormy moysture. First quarter the third day about midnight, the 4 faire, the 5 and 6 lowring and vnconstant, the 7, 8, and 9 daies temperate, the 10 and 11 moyst. Full moone the 12 day, 48. minuts after two of the clocke in the morning, not vnlike the former, the 13. 14. and 15. very good weather, the 16. 17. and 18 daies faire and pleasant. Last quarter the 19 day, 40 minuts after foure of the clocke in the afternoone, the 20 some fall of moysture. the 21 & 22 pleasant, the 23 same full of moysture, the 24 and 25 apt for the season. New moone 26 day, 30 minuts after foure of the clocke in the morning, the 27 not much vnlike the former, the 28. 29. and 30. dayes somewhat stormy.

In this month of September, such as haue need may safely take Phisicke, and also may bath and bleede. In this month all things are in their proper vertue. And such fruits as are ripe, and not infected, are good to eat, for such as haue good stomacks.

¶ Of October.

Day	The ſunne riſeth.	The ſunne ſetteth.
1	howre 6 and 34 minu.	hovvre 5 and 26 minuts
7	howre 6 and 46 minu.	hovvre 5 and 14 minuts
14	hovvre 7 and 0 minuts	hovvre 4 and 0 minutes
21	hovvre 7 and 15 minu.	hovvre 4 and 45 minuts
28	hovvre 7 and 26 minu.	hovvre 4 and 34 minuts

The firſt and 2, daies faire. Firſt quarter the 3. day, 20 minuts after ſixe of the clocke at night, the 4 and fift temporate, the 6 7.8.9. and 10 daies ſtormy and vnconſtant. Full Moone the 11 day, twenty one minuts after fiue of the clocke at night apt for the time, the 12,13, and 14 ſome ſtorme to be expected, the 15, 16. and 17, inclined to raine. The laſt quarter the 18 day, about ſixe of the clocke at night, not vnlike the former, the 19,20, 21 and 22 dayes vnconſtant, the 23 and 24 faire and temperate. New Moone the 25. day, 26 minuts after foure of the clocke in the afternoone, the 26 and 27 ſome ſtormes of raine, the 28,29, and 30 daies ſeaſonable, the 31. diſpoſed to change.

In this month of October, thou mayſt take Phiſicke, and alſo bleed and bath if occaſion ſerue, vſe hot meates and drinks to nouriſh thy ſelfe with good bloud: and be ware of taking cold, becauſe the Quartaine Ague will be apt to be taken, and ſuch other dangerous diſeaſes.

¶ Of Nouember.

Day	The ſunne riſeth.	The ſunne ſetteth.
1	hovvre 7 and 33 minuts	hovvre 4 and 27 minuts
7	hovvre 7 and 42 minuts	hovvre 4 and 18 minuts
14	hovvre 7 and 52 minuts	howre 4 and 8 minutes
21	hovvre 8 and 3 minutes	hovvre 3 and 57 minuts
28	hovvre 8 and 9 minutes	hovvre 3 and 51 minuts

The

The first day windy. First quarter the second day, 20 minuts after two of the clock in the afternoone, the third in like manner, the 4, 5, and 6 daies some fal of moisture, the 7. 8. and 9 rukeing sky. Full moone the 10 day, 41. minuts after sixe of the clocke in the morning, the 11 and 12 skty winds, the 13, 14, and 15 some fall of moisture, the 16 windy freezing. Last quarter the 17 day, about one of the clocke in the morning, the 18 frosty, the 19, 20 and 21 dayes some store of moysture, the 22 and 23 foule weather. New moone the 24 day, 45 minuts after seaven of the clocke in the morning, the 25 and 26, windy and stormy, the 27, 28, 29, and 30 dayes, winterly weather.

In November finish the Whitsicke that yee meane to take, and so rest till March, except som great necessity cōpell thee, vse good meats and wholesome Wine to nourish thy blood: prouide thee warme clothing, and go dry of thy feet, or else make sure account of rheume & pose, besides some other inconueniences that will ensue, &c.

¶ Of December.

Day	The sunne riseth.	The sunne setteth.
1	howre 8 and 12 minu.	howre 3 and 48 minuts.
7	howre 8 and 14 minu.	howre 3 and 46 minuts.
14	howre 8 and 15 minu.	howre 3 and 45 minuts.
21	howre 8 and 12 minu.	howre 3 and 48 minuts.
28	howre 8 and 7 minu.	howre 3 and 53 minuts.

The first day moyst. The first quarter the 2 day, 47. minut after ten of the clock in the forenoon: in like manner, the 3 4, and 5 dayes windy freezing, the 6. 7. and 8. some change. Full moone the 9 day, 47 minuts after 6. of the clock at night, the 10. 11, and 12. some fall of snow or raine, the 13. 14 and 15 dayes winterly weather. The last quarter the 16. day, 50 minuts after nine of the clocke in the morning. the 17 frosty, the 18. 19, 20, and 21, inclined to moysture, the 22 & 23 daies seasonable. New

moone the 24 day, 28 minuts after one of the clocke in the morning, apt for the time, the 25, 26, 27 and 28, sharpe and cold, the 29, 30, and 31, ouercasting clouders for snow or raine.

In this month of December, keepe thy body and head from cold, and eate such thinges as bee of hot quality, abstaine from Phisick, and let thy Kitchen be thy Apothecary, warme clothing thy Nurse, merry company thy Keepers, and good hospitality thine exercise.

A Precaution and aduertisement, made for euery month of this yeare of our Lord God 1611. declaring the dangerous daies and nights to take any sickenesse, or to be sicke in: whereby euery man may take heed to himselfe, and so prouide in time for speedy remedy.

¶ Of Ianuary.

The fourth day and the most part of the night, the 6, day dangerous, the 12 and 13 daies in like sort, the 18, & 19 daies very dangerous, the twenty fiue and twenty sixe daies in like manner dangerous.

¶ Of February.

The second day and most part of the night, the 9. day and all night dangerous, the fifteenth day and all night vntill the next day at noone, in like manner, the 18 day also, the 22 day and all night, vntill the next day morning daungerous.

¶ Of March.

The first and second day, and most part of the night dangerous, the ninth day and all night, the 15. day till midnight, the 16 day very dangerous, the twenty two and 23 day, and most part of the night, the twenty nine day and

all

all night, the 31 day in like manner dangerous.

¶ Of Aprill.

The fift day and moſt part of the night, the ſeauenth day dangerous, the 11 day and 13 day, both daies and nights in like manner, the eightœne day and all night, the twenty one day daungerous, the 26, day alſo, the 28. day and all night till the next day at noone very daungerous.

¶ Of May.

The third day, the fift day dangerous, the 9 and 12 daies in like manner, the 16 and the 20 daies very dangerous, the twenty three day and all night in like manner, twenty ſeauen day and moſt part of the night, the 30 day till midnight dangerous.

¶ Of Iune.

The third day, the fift day and moſt part of the night dangerous, the ninth day and all night, till the next day at none, the 12 day till midnight dangerous, the 17 day and all night, the twenty day daungerous, the twenty fiue day and the twenty ſixe day dangerous.

¶ Of Iuly.

The firſt and ſecond day, and both the nightes dangerous, the eight and nine dayes and both the nights in like ſort, the 16 day and moſt part of the night, the 17 day dangerous, the twenty foure day alſo, the 30 day til midnight in like ſoꝛt dangerous.

¶ Of Auguſt.

The fift day and all night, the firſt day dangerous, the 13 and 14, daies in like manner, the twenty and the twentie one day and all night dangerous, the 26, day vntill midnight, the 23 day in like ſoꝛt dangerous.

¶ Of

¶ Of September.

The second and fourth day dangerous, the ninth day also, the 12 day dangerous, the 16 day till midnight dangerous, the 19 day in like sort, the 22. and all night, the 25. day and all night, the 29 day in like sort dangerous.

¶ Of October.

The third day and the first day, and most part of the night, the tenth day and all night, till the next day at noone dangerous, the 13 and the 17 day, and both the nights in like manner, the 19 day all night, till the next day at noone, the 24 and 26 daies, and most part of the nights dangerous.

¶ Of Nouember.

The first day, the second day all night, vntill the next day at noone daungerous, the 8, day and all night, the ninth day and all night, till the next day at noone in like manner, the 15 day till midnight, the 16 day dangerous, the 22 day and all night, till the next day at noone, the 30 day in like sort very dangerous.

¶ Of December.

The seauenth day and all night dangerous, the 13, and all night, the 14 day in like sort, the 20. and the 21. dayes dangerous, the 27, day and all night in like sort, the twenty nine day very dangerous.

FINIS.